

## Positive Alternatives 2017 - 19 Quarterly Update

Grantee (Name and city): 878194, Philomena House, St. Paul

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**Goal:** To provide temporary housing for 2 to 4 pregnant women in a life affirming program that empowers them to become financially independent and self sufficient

For the period/quarter: #4<sup>th</sup> Quarter, April 1, - June 30, 2017

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities Grant</b>	Administer grant activities:		Locks on file cabinet Began formal monthly volunteer training on 3 <sup>rd</sup> . Thur. of each month at 10 a.m. Renewed all fire extinguishers New front porch windows and refurbished donated furniture Stained baseboards and shampooed carpets	
<b>Outreach</b>	Promote Grant activities		Called 8 agencies and emailed many to let them know we have empty beds. Renewed our website Advertised Philomena House. In 30 church bulletins	
<b>Education – Financial Assistance</b>	*Provide individual assessment to residents prior to entering *Financial Coaching classes *Provide financial classes to increase financial literacy and	2-4	█████ came in Nov. 13 and attended High School each day. Unable to attend any parenting/financial classes but said she got them at Face to face. Attended Coaching each week in the evening. Graduated H.S. on 12-13 and delivered a healthy boy on 12-14 and moved to mother's house from hospital on 12-16-17	6

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	<p>move residents to self-sufficiency</p> <p>*Assist residents in completing applications for financial assistance for college, permanent housing and other needs.</p>		<p>█████ came on 8-21-17 and was due on 1-7-18. She worked almost every day. Refused a mentor. Attended parenting classes and left on 10-2-17 due to mom's illness and hospitalization. Needed to care for younger siblings.</p> <p>█████ was admitted on 5-10-17. Refused a mentor. Attended parenting and coaching. Had a warrant and fines which we helped rid her of those worries. She then spontaneously promised to be the "best mother EVER". She delivered a healthy girl on 9-3-17. On 10-9-17 she was asked to leave Phil.Hse.. She had feigned illness and the housemothers agreed to watch her infant that night. She then left the house after midnight and came home before 6 a.m. which broke major rules of Philomena House.</p>	8
Housing Assistance and Administration	<p>*Provide a home and evening meal for 2 - 4 women (and their babies when born) up to one year, are 18 -26 yrs., and who were previously homeless because of their pregnancies.</p> <p>*Clothing is also available for moms and infants.</p> <p>*Life-skills classes (cooking, gardening, comparative shopping for high protein and low cost, low Carb. food),</p> <p>*weekly life and financial coach group and individual meetings with mentor and doula.</p> <p>*“Family” meeting once a week</p>	2-4	<p>Meals were provided, not often eaten as a “family” due to work, school or nausea.</p> <p>Girls offered clothing for themselves and their babies, especially when weather changed.</p> <p>Cooking and food is topic constantly and informally to have guests thinking about Protein, Sodium and carbs.</p> <p>Life coach active with all in evenings each week.</p> <p>Family meeting occurred informally and more effective when done casually.</p>	30 8 30 60

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	<p>with all the members of house and director.</p> <p>*Provide intake assessment: Director assigns a volunteer mentor and Doula for each guest</p> <p>*helps coordinate Obstetrician, Pediatrician and PHN / and</p> <p>*assesses other needs: eyes, dental, addictions/adjustment to the Philomena House.</p> <p>*Follow up assessment by two weeks: (Director records phone numbers/location of Hospital, Drs. and PHN.) *Discusses compatibility with assigned mentor and doula. *All appointment times recorded on office and kitchen calendars.</p> <p>*Jobs and Education interests also discussed at this time.</p> <p>*The initial Care conference (once a month) is arranged with all involved: PHN, mentor, doula, Coaches, housemother and director. Other (may include "mom's first" or ARMS worker etc.)</p>		<p>Intake assessments and follow-up meetings with each of the three guests. Doula assigned to two guests.</p> <p>Obstetrician and Pediatrician visits on three guests.</p> <p>Adjustment to house discussed with each guest.</p> <p>Eyes, dental and addictions addressed with each. Recommended Public Health Nurse with one.</p> <p>Doula very active with two. Fear alleviated about delivery for both and deliveries went very well.</p> <p>Jobs and Education discussed with individuals and also in a group.</p> <p>Care conference for one included Doula and later her therapist.</p>	<p>24</p> <p>14</p> <p>45</p> <p>8</p>

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Mentoring and Doula Programs	<ul style="list-style-type: none"> <li>*Pair residents with volunteer mentors and birth doula</li> <li>*Provide intake assessment</li> <li>*Safe sleep and Car seat, 'shaken baby' education</li> <li>*Provide support in carrying baby to term, setting goals, assist with development in areas indicated in assessment</li> <li>*Mentor and Doula may be present for Care Conference and the delivery</li> <li>*Post-partum Doula assists in care of mother and baby after delivery</li> <li>*Mentor/and Doula may continue with guest after she leaves Philomena House</li> </ul>	2-4	<p>One resident would not accept a mentor or doula. I asked her to meet her and she loved having her doula!</p> <p>This was done at Face to Face and Options and then discussed at length at the house.</p>	18
Nutrition	<ul style="list-style-type: none"> <li>*Provide nutrition education for pregnant and parenting women</li> <li>*Provide healthy snacks during meetings</li> <li>*Provide instruction in meal planning, comparative shopping (Cost vs. protein, sodium and carbs.) and cooking</li> </ul>	2- 4	<p>This is actually done every day or several days each week.</p>	6

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	*Provides encouragement and 'tips' to new mom( breast/bottle feeding) *Provide instruction on cleaning bottles and equipment		This is done "informally" because these guests did not want us to "tell them what to do", but actually did need a great deal of help from us.	24
<b>Parenting Education</b>	<ul style="list-style-type: none"> <li>*Provide parenting education to residents on topics including child care, normal growth and development. Health,</li> <li>*immunizations and making parenting plans. (Adoption)</li> <li>*Hormonal changes and 'postpartum blues'</li> <li>*Importance of exercise for baby and mom</li> <li>*Baby message and motion exercises</li> </ul>	2-4	Numerous informal discussions	8 3 2
<b>Pregnancy Education</b>	<ul style="list-style-type: none"> <li>*Provide information on healthy pregnancies, importance of early prenatal care, nutrition and exercise.</li> <li>*Provide information on safe use of treadmill and stationary bike</li> <li>*Provide alcohol, drug and smoking cessation information</li> </ul>	2-4	<p>Informal discussion every day included importance of nutrition and exercise.</p> <p>This group did not wish to use the exercise equipment</p> <p>One of the girls returned to smoking after delivery. Information given.</p>	30 1

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<b>Provide Necessary Services to all clients</b>	<ul style="list-style-type: none"> <li>*Provide intake assessment to determine need.</li> <li>*Provide women with information on, referral to and assistance with securing pregnancy support services.</li> <li>*Utilize our extensive resource database to provide information and make referrals</li> </ul>	3-12		1  1  1
<b>Transportation</b>	<ul style="list-style-type: none"> <li>*Provide bus passes for transportation assistance to:</li> <li>*Educational Opportunities and work as well as doctor/dentist/other appointments.</li> <li>*Philomena House is half a block from a bus stop.</li> <li>*Some volunteers need gas reimbursement.</li> </ul>	2-4		4

<b>Maternal and Child Health Initiative Task Force Strategies</b>	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	2
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	2
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	2
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	2
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	2
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	2

**Challenges:** All at the house tried to keep █ there until she delivered. We thought she was going to move in with her controlling “baby dad”. All of us surmised he would use her for prostitution. I hope we were wrong. she left saying her mom needs her. We hope she was right.

Two of the girls were thrilled that they had a doula for the birth █ did not ask her doula to “follow” her after she left. █ was very well liked and we were very sad when she left especially before her due date.

**Comments:** Philomena House is a great help to young women who are so abandoned. We work very hard to instill self-awareness and confidence. It is very disappointing and difficult to overcome when one feels she does not deserve “better”.

█ would not speak to the housemothers unless ‘provoked’. We invited her therapist from Face to Face for our Volunteer Training to help us ‘understand’ her and what she and other very young women are experiencing. This was very helpful.